An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

### **Health Promotion in the Headlines...**

### New Report: Iowa is 12th Most Obese State in Nation

Washington, D.C., August 15, 2013 –lowa is now the 12th most obese state in the nation, according to F as in Fat: How Obesity Threatens America's Future 2013, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). Follow this link to the Trust for America's Health website to read more of the "F as in Fat" news release.

F as in Fat:
How Obesity
Threatens
America's Future 2013

#### **How Community Transformation Grants can draw attention**

"The point of CTG really is to tell the success stories at the national level — so that even communities that aren't CTG start [accepting the same healthy behaviors]," said Shawn McIntosh, CTG project manager at APHA. "It is about success breeding success. It is about you taking these stories to your decision-makers and saying 'Look at what's happening in your neighboring states, your neighboring communities." [Go to this link for an lowa CTG success story, strong health practices,]

### Pre-diabetes and Diabetes News . . .

### Lifestyle, age linked to diabetes-related protein

Over the last decade researchers have amassed increasing evidence that relatively low levels of a protein called sex hormone binding globulin (SHBG) can indicate an elevated risk of type 2 diabetes and metabolic syndrome years in advance.

### Diabetes ups mortality risk across ethnicities

Diabetes increases the risk of all-cause, cardiovascular, and cancer death in postmenopausal women by two to three times regardless of ethnicity, according to a new analysis of the <u>Women's Health Initiative</u> (WHI) published online September 17, 2013 in the *American Journal of Epidemiology*.

### Sesame seeds can aid pre-diabetic blood glucose levels: Study

A herbal blend based on sesame seed lignan extracts can help reduce blood glucose levels among a growing proportion of the population classed as pre-diabetic, according to Indian researchers... Read

#### Brain atrophy linked with cognitive decline in diabetes

New research has shown that cognitive decline in people with Type 2 Diabetes is likely due to brain atrophy, or shrinkage, that resembles patterns seen in the early stages of Alzheimer's disease.



### What's new about



# Better Choices, Better Health Put Life Back in Your Life

### Participants Learn

- Techniques to deal with isolation, frustration, fatigue, and pain
- Suitable exercises for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- How to communicate effectively with family, friends, and health professionals
- Healthy eating and nutrition tips
- How to evaluate treatment options

Refer your patients to these low-cost classes in your community that are evidenced-based and proven to help patients control their diabetes, hypertension or other chronic diseases.



## Million Hearts® Initiative Update







**Here's to PROGRESS!** 



During 2012, the initiative's first year, Million Hearts®built strong partnerships to ensure steady progress toward its 5-year goal, preventing one million heart attacks and stroke by 2017. Check-out the recently released progress report <a href="here">here</a>.

### The latest on the ABCS...



### A<sub>1</sub>c

### FDA allows marketing of first A1c test

Did you know that last May the U.S. Food and Drug Administration announced that it is allowing marketing of the COBAS INTEGRA 800 Tina-quant HbA1cDx assay (Tina-quant HbA1cDx assay) for the diagnosis of diabetes by health care professionals? This was the first HbA1c test that FDA has allowed to be marketed for this use.

<u>HbA<sub>1c</sub> Variability As an Independent Correlate of Nephropathy, but Not Retinopathy, in Patients With Type 2</u>
<u>Diabetes</u> - The Renal Insufficiency And Cardiovascular Events (RIACE) Italian Multicenter Study

This research demonstrated that, in patients with type 2 diabetes,  $HbA_{1c}$  variability affects (albuminuric) CKD more than average  $HbA_{1c}$ , whereas only the latter parameter affects DR, thus suggesting a variable effect of these measures on microvascular complications.

## **A**spirin Use

### Aspirin for the Prevention of Cardiovascular Disease

The U.S. Preventive Services Task Force (USPSTF) has specific guidelines for appropriate aspirin use, distinguishing the differences in protocols for men, women, different age groups and those individuals who may have higher aspirin risk levels. We also have available physician desk guides available for no charge... just email to <a href="terry.meek@idph.iowa.gov">terry.meek@idph.iowa.gov</a> with the number of exam rooms and providers at your clinic, if your clinic has not already received a supply from us. These are available while supplies last!

### **Blood Pressure Control and Management – focusing on Sodium Reduction**

Sodium Reduction Toolkit: A Global Opportunity to Reduce Population-Level Sodium Intake is now available in Spanish. This toolkit was developed by the Centers for Disease Control and Prevention (CDC) to provide an overview of various topics related to population-level sodium reduction. By making these materials available in Spanish, this toolkit will reach a broader audience. You can access the English and Spanish version of the Sodium Reduction Toolkit today at <a href="http://www.cdc.gov/salt/sodium\_toolkit.htm">http://www.cdc.gov/salt/sodium\_toolkit.htm</a>. Additional sodium resources, guides, and fact sheets are also available at <a href="http://www.cdc.gov/salt">www.cdc.gov/salt</a>. If you need additional assistance related to the toolkit, please contact Jessica Barron at <a href="https://www.cdc.gov/salt">wey8@cdc.gov</a>.

#### BLOOD PRESSURE RESPONSES TO SODIUM HOLD STEADY OVER TIME

Blood pressure responses to changes in dietary salt and potassium intake remained consistent in two assessments separated by nearly 5 years, researchers found. The results suggest that blood pressure responses to changes in dietary sodium and potassium are not unrelated occurrences but instead are stable and reproducible long-term human characteristics.

#### **NEW STUDY FINDS POPULATION SODIUM REDUCTION IS PROMISING**

A new <u>study</u>, published in the journal, *Current Atherosclerosis Reports*, reviewed economic analyses of interventions to reduce sodium intake and found that both lowering the salt content in processed foods and conducting national mass media campaigns are estimated to be cost-effective in preventing cardiovascular disease (CVD). Estimates provided in the study of resultant blood pressure decreases and decreases in the incidence of CVD events support population-wide sodium reduction interventions.

Continued on the next page...





## **Cholesterol Control and Management**

Most statin-intolerant patients can be restarted on lipid-lowering drugs







At the Cleveland Clinic, nearly three-quarters of patients with prior statin intolerance were able to successfully tolerate a statin, with most of these patients taking the drug on a daily basis and a smaller percentage of patients following an intermittent dosing regimen. Of the 1605 patients referred to the clinic for statin intolerance, 72.5% were successfully rechallenged and remained on the medication for a median of 31 months

### Pay-for-performance improves lipid levels and gets more patients to LDL targets

The incentive-driven reimbursement system of the UK results in significantly more patients with dyslipidemia at LDL treatment goal than patients treated in the more budget-conscious German healthcare system, according to an analysis of the **Dyslipidemia International Study** (DYSIS).



### Pharmacogenetics and statins: Genotyping might cut muscle-pain risk

Strikingly wide variation among patients in plasma levels of **atorvastatin** and **rosuvastatin** (Crestor, AstraZeneca), even with consistent dosing, is likely related to gene variants that affect the drugs' uptake by the liver in some patients, suggests a prospective study. The researchers propose that selective screening of some statin candidates for the presence of the specific polymorphisms could help individualize atorvastatin and rosuvastatin dosing with the goal of lowering the risk of statin side effects, especially myopathy.

### Is remnant cholesterol, not LDL, the cause of inflammation in atherosclerosis?

The cholesterol transported by remnant lipoproteins is associated with ischemic heart disease (IHD) and low-grade inflammation, whereas LDL cholesterol is associated with IHD without any signs of inflammation, according to a new analysis

### **Smoking Cessation**

## U.S. PREVENTIVE SERVICES TASK FORCE RELEASES FINAL RECOMMENDATION STATEMENT ON PRIMARY CARE INTERVENTIONS TO PREVENT TOBACCO USE

The U.S. Preventive Services Task Force has released its final Recommendation Statement on primary care interventions to prevent tobacco use in children and adolescents. To view the recommendation and the evidence on which it is based, please click <u>here</u>.

### Place these Chronic Disease-related Health Observations on Your

Upcoming Calendar ...

Plan for Awareness Activities at your Clinic!

### **October**

Health Literacy Month <a href="https://www.healthliteracymonth.org/">www.healthliteracymonth.org/</a>
Walk to School Day <a href="https://www.walkbiketoschool.org">www.walkbiketoschool.org</a> [October 9]

10/9-lowa Healthiest State Walk www.iowahealthieststate.com/healthiest-state-walk

National Health Education Week <a href="https://www.sophe.org/nhew.cfm">www.sophe.org/nhew.cfm</a> [October 20-26]

Talk About Prescriptions Month www.talkaboutrx.org

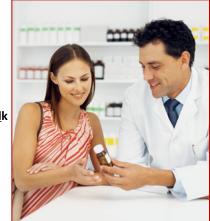
National Healthcare Quality Week <a href="https://www.nahq.org">www.nahq.org</a> [October 20-26]

#### **November**

American Diabetes Month; American Diabetes Association <a href="www.diabetes.org">www.diabetes.org</a>
Diabetic Eye Disease Month; Prevent Blindness America <a href="www.preventblindness.org">www.preventblindness.org</a>
World Diabetes Day; International Diabetes Federation <a href="www.worlddiabetesday.org">www.worlddiabetesday.org</a>

Great American Smokeout Month and Great American Smokeout [November 21] American Cancer Society <a href="https://www.cancer.org">www.cancer.org</a>

National Family Health History Day; U.S. Department of Health and Human Services www.hhs.gov/familyhistory/



### **New Resources for Healthcare Providers**

### Lean or fat, low inflammation predicts cardiometabolic health

The concept of "metabolically healthy obesity" — that is, individuals with a body mass index (BMI) above 30 who do not have metabolic-syndrome factors that put them at risk for cardiovascular disease events — is not new, but is only now being more widely recognized by clinicians, say experts. Up to 35% of obese individuals may be metabolically healthy despite their size, the researchers write, but the true prevalence of this phenomenon is difficult to assess due to large disparities in defining metabolic health.



### **Covering All Americans toolkit**

With 7.3 million heart disease and stroke patients uninsured in the United States (perhaps yourself, a family member, a friend, or neighbor), we all have a role to play in sharing the facts about the new Marketplace and helping to direct people to resources they need to access coverage. That's why the American Heart Association created the 'Covering All Americans toolkit! From infographics and flyers to fact sheets and presentations, we've provided the tools you need to help share this important information within your community and social networks.

### Having a Heart Attack or Stroke? Your iPhone Knows

Apps are enabling the iPhone to detect heart attacks and strokes. <u>Here's what you should know about the new technology.</u>

## THE CENTERS FOR MEDICARE & MEDICAID SERVICES (CMS) ANNOUNCES NEW OPEN PAYMENTS MOBILE APPLICATIONS TO ASSIST PHYSICIANS & INDUSTRY IN TRACKING FINANCIAL RELATIONSHIPS

The CMS introduced two free mobile device applications (apps) to help physicians and health care industry users to track their payments and other financial transfers the industry will report under the OPEN PAYMENTS program (Physician Payments Sunshine Act). Created by a provision of the Affordable Care Act, OPEN PAYMENTS creates greater public transparency about the financial transactions between doctors, teaching hospitals, drug and device manufacturers, and other health care businesses. Click here to view press release. Click here to read more about OPEN PAYMENTS.

### AAP Recommendations for Male Adolescent, Young Adult Health

Pediatricians have the opportunity to improve the health of their adolescent male patients, according to a review <u>published online</u> August 12 in *Pediatrics*. The authors highlight objectives and practices for chronic illness, mortality, unintentional injury and violence, mental health and substance use, and reproductive and sexual health in young men.

### **How Diet and Activity Affect Weight in Children**

A mathematical model simulates how weight and body fat in children respond to changes in diet and physical activity. The model may offer new insights for addressing childhood obesity

### **Team Care: ACP Outlines Framework**

As healthcare shifts from single-provider to a team-based model, the American College of Physicians (ACP) has outlined more than a dozen principles for encouraging collaboration and smooth transitions among providers. "These principles offer a framework for an evolving, updated approach to health care delivery, providing policy guidance that can be useful to clinical teams themselves in organizing their care processes and clinician responsibilities consistent with professionalism," said Molly Cooke, MD, president of the ACP, in a related news release.



The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership



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